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this great multitude, so that it appeared as though they never would be able to proceed, the pilgrims agreed that for the next ten days there should be no more deaths; but after their departure, a strong wind, blowing and shifting the sand where the tents had stood, revealed the ghastly sight of the remains of several pilgrims, who, having died, had been buried in the sand under the tents by their comrades.

Tor contains some fine shops, a large government house, barracks, a Christian church, and a monastery. Curiously enough, the greater portion of its inhabitants are Christians.

A RESIDENT NURSE IN A SOUTHERN COLLEGE

By LINNA H. DENNY

Graduate of the Illinois Training School for Nurses, Chicago

WHEN the opportunity offered to become resident nurse in a southern Methodist college, I thought of the sleepless nights of private nursing—of the restful glimpses of the college campus that I had had in passing on the train, and my mind was made up. Of the duties, I knew practically nothing, except the vague feeling that it would not be “very hard.”

On opening day I arrived with the great rush of girls. They poured in for three days on every train—the jolly, happy lot,—old girls welcoming each other, new ones a little dazed, teachers greeting one another, and the happy confusion of getting settled into rooms and class work.

Athens College was founded in 1843—and by the way, it is the second oldest chartered college for women in the world, the oldest being in Macon, Ga.

It was mid-September, and the evening hour before sunset was most inspiring. The body of the house is colonial, with huge columns across the front rising forty feet. It fronts west, and the sun sets in special splendor when viewed through the ancient oaks and tall pines of the campus. And then there are the girls—always the happy, laughing girls, arm in arm, strolling about, recounting vacation experiences.

I found my department to consist of a bedroom, bath, hall, and quite a good-sized room with *Infirmery* marked on the door. It is the third floor annex, and can be isolated if necessary. The five little white beds looked quite inadequate to care for the possible sick of over two hundred students; but there flashed through my mind the wonderful

health record of the college—not a case of fever nor a death since before the war.

Our president, from her past experience, had forecast the probable sickness: "Look out for malaria and a few chills the first month, some of these girls come from the lowlands and this higher altitude will develop it. When the first cool days come you will have a little tonsillitis; after Thanksgiving and Christmas holidays some sick girls from overeating. In January look out for grippe; February and March, for the contagious diseases—measles, mumps,—and toward the close of school a few girls will need tonics and a little help through the hard work previous to commencement. That is about all."

My first patient was a little red-haired child of nine from the primary department. She had an older sister in the college, and the devotion of the two was beautiful to see. The little thing had a few chills and was in the Infirmary about a week. I am afraid I acted like the proverbial hen with one chick, I was so glad of something to nurse and to mother. When she cried because she never had taken a capsule, I gave her ice cream to console her. I allowed the elder sister to stay in the Infirmary at night with her, and by the time she was able to leave I had one little follower who was always standing near to be embraced, or to say, "I don't mind taking medicine at all now, do I?"

The greater part of the work was in preventive treatment. Every morning at breakfast the roll was called by tables, and the absentee's name given me. Out of the whole number the average was about three a day who did not report to meals. Frequently there was not one absent. Immediately after breakfast, armed with the thermometer, I went to the sick girl's room. It was most unusual to find an elevation of temperature. I generally sent the girl to the Infirmary, and if she had a sore throat, gave a gargle or some simple medication until the arrival of the doctor.

The doctor deserves a page to himself—a handsome, white-haired man whose smile radiates goodness. He is said to be a descendant of George Washington, and looks it. He has only sons in his own family, and each of these college girls seems in a special sense to be a daughter to him. He makes a daily morning visit, and says, "Why, my child, what has Miss —— been doing to you to make you sick? Just give her a little headache medicine, Miss ——, and some of those little white tablets, and don't fail to let her get up this evening so that she may be in school to-morrow, bless her heart."

After settling any sick girl in the Infirmary, I reported to the president. Then came a tour of the house to see that the plumbing was in

order. A jar of disinfectant was left in each bath room, that the maid might pour a small quantity into each slop jar daily. I would go to the kitchen to find out the dinner menu, so that if there were nothing suitable for the sick I might prepare a soup or light dessert. Midway of the morning I attended a class in domestic science.

At noon I must be at my post to see any girl who might be taking a tonic. After dinner came the visit to the oculist or the dentist. These two gentlemen have offices in town, and scarcely a day passed that some girl did not have dental attention. Once a week I took a little group of seven or eight table girls into the village to shop.

Supper was at 5.30 P.M., followed by a short chapel exercise, conducted by the college Y. W. C. A. This organization is doing a fine work in the college. It supports one student in the school, forwards a number of good works, but above all its influence is felt in a religious way. My own education was carried on in the public school, and this was my first opportunity to see the working of a religious institution. In state schools, body and mind are trained, but the spiritual development is left to chance environment. In this school the threefold nature—body, mind, and spirit—are ministered unto. To see the fair president, so slight and youthful-looking, standing in the presence of the student body was a winsome picture, but to hear her words of wisdom, to feel the spiritual impulse that she gave, could not but make the students' hearts glow within them. Each teacher, each pupil felt the impress of that life, and daily resolved that by the help of God she would so live as to be a credit to the college and its president.

After chapel followed a busy half hour. Often eight or ten girls, for various reasons, wished to be excused from study hall. Here was an opportunity for nicety of judgment, for the application of nursical wisdom. Is the violent headache due to homesickness? Is the morrow's extra-hard lesson the cause of intercostal neuralgia? Mary B. has fallen in basketball and skinned her shin from ankle to knee. Polly M. is such an enthusiastic disciple of cleanliness that she has thrust a nail file into her toe. "Run along, children, and take to the presiding teacher the names of only *two* girls to be excused."

At 8.45 P.M. study hall was over and a small army would invade the Infirmary precincts. "Bessie, let me see your tongue—you must have a pill. Julia, here is a gargle. Jane, come to me before breakfast for salts. Josie, sit here while I put a greased flannel cloth on your chest. Mary, you must begin a tonic to-morrow."

It is all so simple—and yet the college health is the price of this eternal vigilance.

By 9.30 p.m. room bell and light bell had rung. Merry voices in the halls had ceased. On the bedside table lay the Bible and a late magazine—and that hour was my very own.

TYPHOID PRECAUTIONS

By HARRIET L. P. FRIEND

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PREVENTION is the keynote of medicine and nursing nowadays. Nowhere is it more important than in the care of infectious disease, particularly when isolation is not possible as in open medical wards.

At the Massachusetts General Hospital, which labors under the necessity of caring for its typhoid fever in open wards, the following precautions for prevention of infection from these cases have been adopted and may be of some interest:

Nurses are required always when working over a typhoid patient to wear a gown which covers the uniform completely. They must also wear rubber gloves when giving these patients bedpans, mouth-washes, in fact, whenever it is possible to accomplish the work with rubber gloves on. These gloves are washed well with soap and water before being taken off the hands. The soap is kept specially for that use and the basin and water are sterilized.

After being washed, the rubber gloves are kept in a solution of corrosive sublimate, 1-5000. All utensils used in the care of typhoids, as bedpans, urinals, basins, sputum-cups, are sterilized each time after use in a special boiler. This is closed at the bottom, a certain amount of water run in, the top closed, steam turned on, and allowed to boil for ten minutes. The steam is then turned off, the water run out, and the top opened.

Urine, fæces, sputum, bath water, or water used to wash gloves and utensils, and mouth-washes are boiled in a special hopper. This hopper closes at the bottom by a lever before anything to be sterilized is emptied in; water up to a certain mark is run in, the top closed, and steam turned on. This is allowed to boil for ten minutes, then opened by the lever at the bottom, and the steam turned off, after which the hopper is well flushed.

In giving typhoid baths or sponges, the ordinary sea-sponge is no longer used. A special sponge has been devised. It is simply made of absorbent cotton between a double layer of sheet-wadding, covered with